



## FOR IMMEDIATE RELEASE

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### Foods for Breast Health

**Columbia, S.C. – October 5, 2006** – In South Carolina, breast cancer is the most diagnosed cancer among women, with thousands of new cases reported each year. While we don't yet know exactly how to prevent breast cancer, we are constantly learning ways to reduce chances of getting the disease. Repeated studies show lifestyle choices like exercising, eating nutritiously, minimizing alcohol consumption and not smoking reduces the risk of breast cancer and many other cancers. Dr. Ann Kulze of Charleston has compiled a list of foods that promote breast health:

- **Beans/Lentils** – This category of food is uniquely high in several nutrients important for breast cancer protection, including fiber, folic acid and phytoestrogens called lignans. According to Harvard's Nurses' Study, those who consumed beans or lentil at least twice a week were 24% less likely to get breast cancer than those who consumed them less than once a week.
- **Cruciferous Vegetables (broccoli, cabbage, brussel sprouts, kale, cauliflower)** – Phytochemicals found in this class of vegetables, namely sulforaphane and indoles, are among the most potent naturally occurring anti-breast cancer agents ever identified. It's best to eat cruciferous vegetables raw or lightly cooked, as their phytochemicals can be destroyed by heat.
- **Oranges** – Sweet, juicy and delicious – oranges are an unbeatable fruit for cancer protection. They are brimming with cancer fighting vitamin C and folic acid and provide every known class of anticancer phytochemicals, making them one of nature's most perfect cancer-fighting packages.
- **Carotenoid-rich vegetables (carrots, tomatoes, bell peppers, collards, spinach and sweet potatoes)** – This delicious and super-nutritious group gets their anti-cancer punch from plant pigments called carotenoids. In addition to providing yellow, red and orange hues, carotenoids offer broad-spectrum, natural chemoprevention. Light cooking actually increases the bioavailability of carotenoids, so enjoy this group of veggies cooked for optimal results.
- **Whole soy foods (tofu, tempeh, soy milk, roasted soy nuts, edamame and miso)** – These foods have an exemplary nutritional profile and are the most potent food source of plant-derived estrogens called isoflavones. Isoflavones are felt to protect breast tissue from the carcinogenic effects of excessive biologic estrogens.
- **Oily Fish (salmon, tuna, mackerel, sardines, herring)** – Oily fish are loaded with the superstar omega 3 fats and the only food that naturally contains significant amounts of vitamin D. Vitamin D plays a critical role in breast cancer protection and deficiencies are quite common.
- **Extra Virgin Olive Oil** – Emerging science reveals that this flavorful oil may be just as good for our breasts as our heart. Extra virgin olive oil contains several potential anti-cancer agents, so always make it your oil of choice.
- **Berries** – Berries are low in calories, high in fiber and vitamin C and teeming with flavonoid phytochemicals which puts them squarely in the anti-cancer foods Hall of Fame. Enjoy them fresh or frozen, in salads, smoothies, yogurt, atop your cereal or all by themselves!

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*Dr. Ann is nationally recognized expert in wellness and nutrition. In addition to her private wellness practice, Just Wellness, she provides corporate wellness consulting, and is the author of Dr. Ann's 10-Step Diet, A Simple Plan for Permanent Weight Loss and Lifelong Vitality. Prior to founding Just Wellness in 2002, Dr. Ann was a family physician in Charleston for 14 years. For more information, go to: [www.dranns10steps.com](http://www.dranns10steps.com).*

*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit [www.healthysc.gov](http://www.healthysc.gov).*